

## Requirements for choosing a Confirmation Sponsor

- Has received the Sacraments of Baptism, Eucharist and Confirmation in the Catholic Church.
- At least 16 years of age.
- I attend Mass regularly on Sunday and Holy Days of Obligation and receive the Sacraments of Holy Eucharist and Penance regularly.
- INOT the parent of the Confirmation Candidate.

## Responsibilities of a Confirmation Sponsor

The primary responsibility of the sponsor is to provide the candidate prayerful support and guidance in his or her Christian walk and to “take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament” (canon 892).

Some of the responsibilities of a sponsor to the candidate before [confirmation](#):

- Be a convinced, enthusiastic Catholic who lives a life of faith, and is committed to fulfilling the responsibilities of a sponsor.
- Pray regularly for and with the candidate, showing him/her how to pray by example.
- Attend any Confirmation classes, retreats or special events at which the sponsors presence is requested.
- Complete any work/reflections/discussions/service that is required.
- Have knowledge of the personal faith of the candidate and share your own faith experience.
- Lead and guide the candidate to a personal relationship with the Lord and to a deeper familiarity “with the Holy Spirit—his actions, his gifts, and his biddings—in order to be more capable of assuming the apostolic responsibilities of Christian life” (CCC 1309).

Some of the responsibilities of a sponsor to the confirmed after confirmation:

- Maintain regular contact with the confirmed by phone, email. Also, sending a card on the anniversary of his/her confirmation.
- Pray regularly for the confirmed and when possible pray with him/her.
- Help the confirmed to learn how to experience a deeper prayer life (e.g. eucharistic adoration).
- Encourage participation in the life of the Church, especially through his/her parish.
- Continue ongoing catechesis (e.g., sharing good books) and be available for questions.
- Help the confirmed to understand how to bear witness to Christ in the world and to fulfill his/her baptismal promises faithfully through the Holy Spirit.